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ABSTRACT

This resource shows librarians and mental health professionals how to use the power of books as therapy when working with children and young adults. After defining "bibliotherapy," the book considers what skills and competencies are needed to qualify an individual to be a bibliotherapist. It then explores how bibliotherapy can be used to meet the mental health needs of children and young adults, presenting a five-step model for establishing, implementing, and evaluating a bibliotherapy program. The text covers everything from selecting materials (including an entire chapter devoted to bibliographic tools) and staffing to readers advisory, planning activities, and linking bibliotherapy with intervention programs. Extensive references to the professional literature are included in every chapter. In addition to tips and guidelines, the book includes cautionary notes for bibliotherapy leaders. A sample bibliotherapy program that reflects the team-based planning process and a guide to appropriate bibliographic tools conclude the work. (AEF)

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